

## Finger foods

By 8-9 months old your baby will be showing an interest in feeding him/herself. It is a good idea to offer finger foods as this helps to develop feeding skills. It is important to remember that your baby must never be left unattended when eating.

### Meat, fish and protein alternatives

- Wafer thin ham, chicken, turkey
- Fish fingers
- Cheese cubes/cheese balls
- Tuna/fish flakes
- Well cooked, tender, chopped chicken breast, diced beef, lamb or pork
- Baby skinless sausages
- Chicken nuggets
- Tofu cut into cubes
- Chopped hardboiled egg or omelette slices

### Bread, cereals and starchy vegetables

- Bread sticks
- Pizza fingers
- Sliced pitta bread/naan bread/chapatti
- Crackers
- Baby rice cakes
- Miniature sandwiches cut into fingers, triangles, squares or shapes with a cutter (see ideas for sandwich fillings)
- Breakfast cereals – Cheerios, Shreddies, Cornflakes
- Toast fingers with margarine or butter and spread
- Pasta – penne/bow-ties/shells. Serve with a pasta sauce or vegetable puree
- Baby new potatoes
- Sweet potatoes
- Potatoes, chips

### Vegetables

*Cooked* – to begin with, offer soft cooked vegetables. Chop into slices or sticks or offer in individual bits as is the case for some vegetables.

- Aubergine
- Baby sweetcorn
- Broccoli
- Brussel sprouts
- Carrots
- Cauliflower
- Celery
- Courgettes
- Green beans
- Mangetout
- Mushrooms
- Parsnip
- Peas
- Peppers
- Swede

*Raw* – once you have established finger feeding with soft cooked vegetables, offer raw vegetables that are well washed and chopped into slices, sticks or grated. They can also be served with dips to add interest, variety and texture to the diet.

- Avocado
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Cucumber
- Peppers

## **Fruit**

*Raw* – wash and peel. Serve chopped, sliced or grated. Serve soft raw fruit first followed by firmer raw fruit when chewing skills improve.

*Cooked* – wash, peel and chop or slice. Cook without adding sugar.

*Dried* – if the fruit is too firm, soak it in boiling water and allow it to cool.

- Apple
- Apricots
- Banana
- Dates
- Grapes (seedless)
- Kiwi fruit
- Papaya
- Mango
- Melon
- Nectarine
- Peach
- Pear
- Plum
- Prunes
- Raspberries
- Satsuma/orange segments
- Strawberries
- Sultanas
- Tinned fruit cocktail

## **Dairy foods**

- Cheese – grated, sliced, cubes or triangles

## **Other foods**

- Biscuits eg sponge fingers\*
- Baby crisps
- Cubes of jelly
- Meringues\*
- Mini muffins or cubes of cake
- Quavers\*
- Rice cakes\*
- Skips\* crisps
- Wotsits\* crisps

\* These options 'melt in the mouth'

## **Sandwich filling suggestions**

- Mashed banana
- Grated cheese and marmite
- Grated cheese and chutney
- Mashed sardines and tomato sauce
- Cream cheese or cottage cheese and marmite
- Cream cheese or cottage cheese and crushed pineapple or fruit puree
- Cream cheese or cottage cheese cucumber
- Cream cheese or cottage cheese and chopped soft dried fruit e.g. apricots, dates
- Cream cheese or cottage cheese and chutney
- Cream cheese or cottage cheese and avocado
- Thinly sliced meat and chutney
- Mashed egg and mayonnaise
- Tuna or salmon and mayonnaise
- Peanut or hazelnut spread on its own or with banana.